



The Suffolk Coast & Heaths AONB

The Suffolk Coast & Heaths Area of Outstanding Natural Beauty (AONB) is one of Britain's finest landscapes. It extends from the Stour estuary in the south to the eastern fringe of Ipswich and then north to Kessingland. The AONB covers 403 square kilometres, including wildlife-rich wetlands, ancient heaths, windswept shingle beaches and historic towns and villages.

How to get to Woodbridge Station car park

-  Ordnance Survey Explorer Map No.197 (Ipswich, Felixstowe & Harwich).
-  Access via the B1438 from the A12. Parking can be limited on very busy days. Car parking charges apply.
-  Sat Nav postcode IP12 4AU
-  Public transport information: www.suffolkonboard.com or call 0845 606 6171

www.traveline.info
or call 0871 200 2233

Woodbridge Station is on the East Suffolk Line (hourly service Ipswich to Lowestoft).
Train information:
www.nationalrail.co.uk
or call 08457 484950

Woodbridge Tourist Information:
www.suffolkcoastal.gov.uk/yourfreetime/tics/
or call 01394 382240

Suffolk Coast & Heaths AONB
01394 445225
www.suffolkcoastandheaths.org



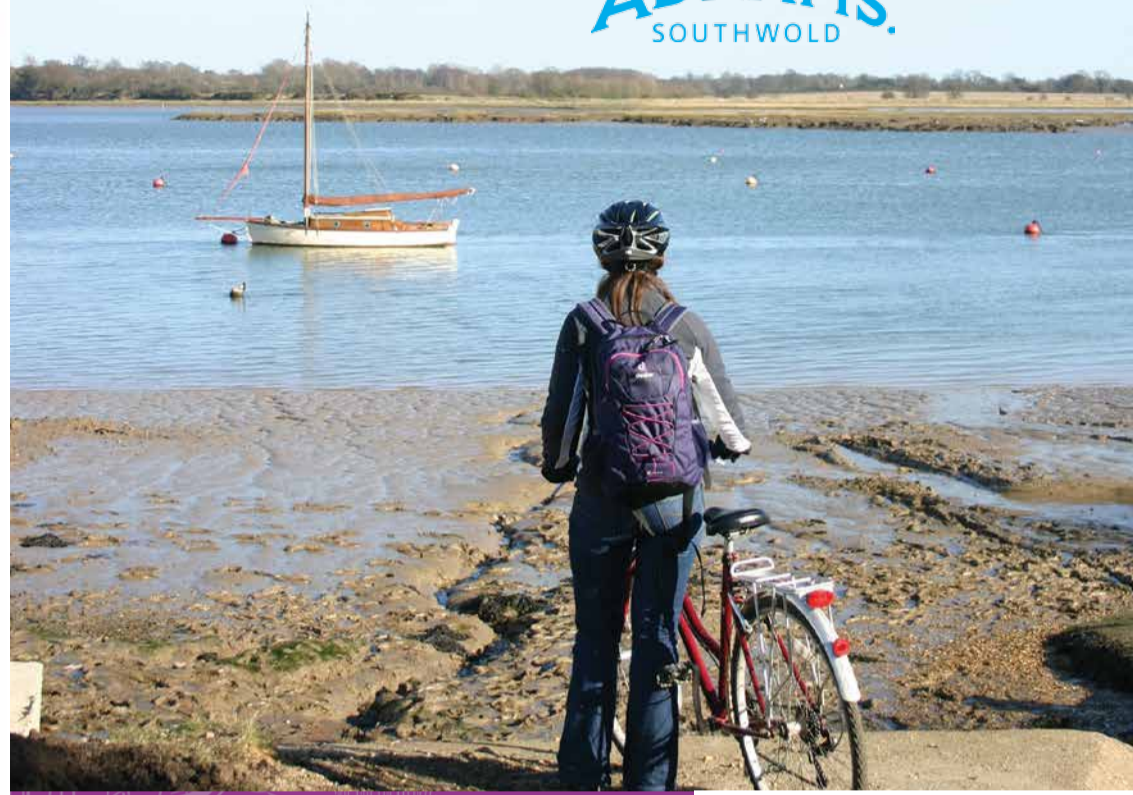
Website: Adnams.co.uk
Twitter account: @adnams

The Woodbridge & Waldringfield Cycle Explorer Guide has been produced with the generous support of Adnams. They also sponsor a number of cycling events across the region. Cycling is a fun, inclusive and healthy way to enjoy the beautiful county we live in, and it's made even better by a refreshing drink in one of the Adnams' pubs at the end of your adventure.

Research, text and some images by Simon Peachey. Printed on Recycled, FSC, ECF, Carbon Balanced paper.

Woodbridge & Waldringfield *Cycle Explorer Guide*

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Starting from Woodbridge Station, follow country lanes to the pretty riverside village of Waldringfield.



Woodbridge & Waldringfield *Suffolk Coast & Heaths Cycle Explorer Guide*

Route Highlights

1 *Woodbridge* is a bustling place with a fascinating history. From the 1400s to the 1700s the area was the centre of a thriving ship-building industry. Merchant and naval ships were built for customers including Edward III and Sir Francis Drake. The quays allowed the town to prosper, with local products such as cloth and rope being traded.



2 *The River Deben* is a great habitat for breeding and migrant birds. The extensive mudflats and saltmarsh support 70 species of nesting bird, including cormorants, oystercatchers and curlews. The estuary has one of the most significant overwintering populations of avocets in the UK. The importance of this habitat is recognised by its designation as a *Special Protection Area* by Natural England.

3 *Hemley* is a tiny, scattered village on the banks of the River Deben. Although the river is a quiet waterway today, 1,500 years ago it was an important route into the heart of the Anglo Saxon Kingdom of the Wuffingas, named after King Wuffa. The most famous king was Raedwald, and it is to him that the ship and treasure discovered at nearby Sutton Hoo were likely to belong.



4 *Newbourne Springs Nature Reserve* is an area of marsh and fen. It provides a habitat for many flowering plants and numerous birds, including treecreeper, nuthatch, goldcrest and woodpecker. It is managed by Suffolk Wildlife Trust and can be visited throughout the year.



5 *Waldringfield's* charm is easy to see and in summer the village is popular with sailors and tourists. In the Victorian era it had a different bustle, as barges were loaded with coprolite (fossilised dung – a fertiliser) and cement. During the Second World War, the Navy used poles and canvas to create a dummy fleet of ships which was illuminated at night to fool the enemy.

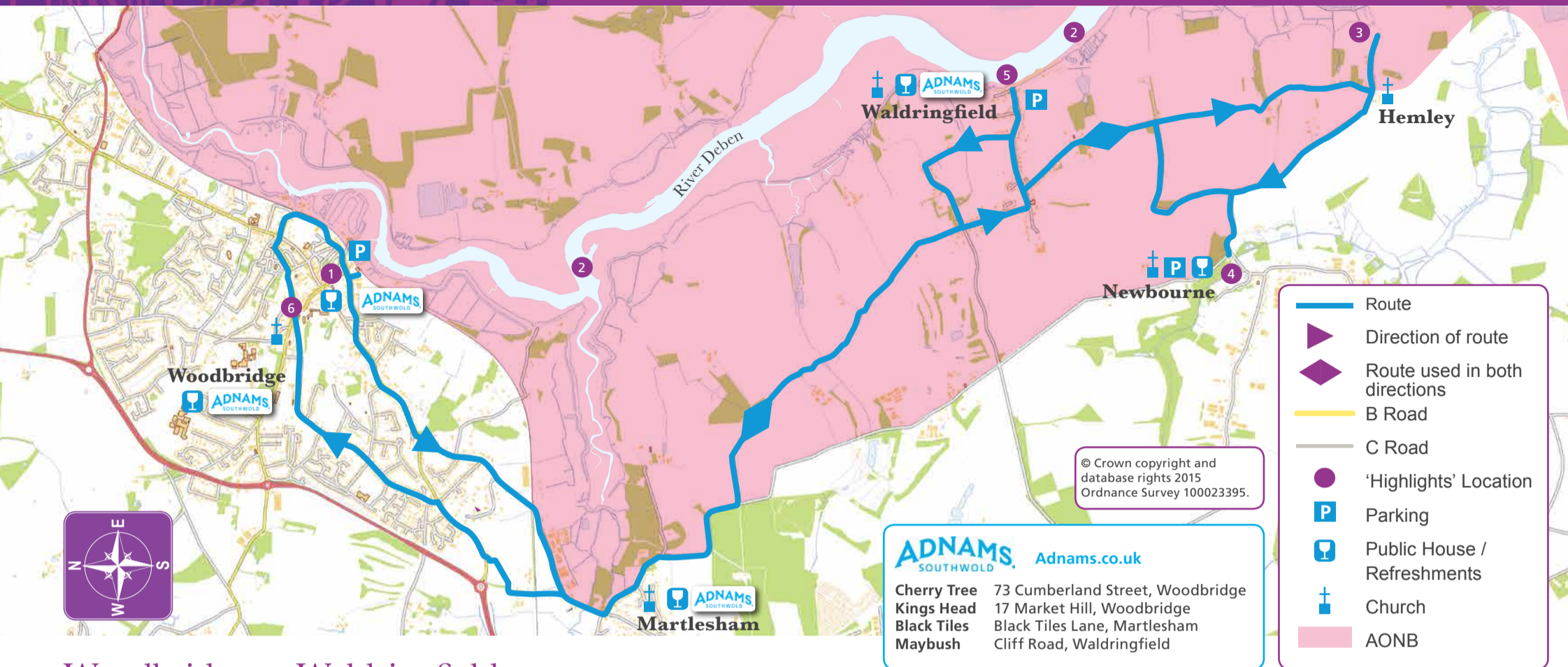
6 *Market Hill* in Woodbridge is a beautiful collection of buildings. In the centre is the Shire Hall, which was built in the 16th century as a local court and corn exchange. Nearby is the 15th century St. Mary's Church. It contains memorials to many of Woodbridge's wealthy residents, including Thomas Seckford, who died in 1587. He established the *Seckford Foundation*, which still plays a major role in the town and owns almshouses and schools. In New Street is the *Ye Olde Bell and Steelyard Inn*. The projection from the first floor housed a device to weigh goods being traded at the market.



Woodbridge & Waldringfield

Suffolk Coast & Heaths Cycle Explorer Guide

This cycle ride starts at Woodbridge Railway Station car park and follows roads and 'Quiet Lanes' to the beautiful riverside village of Waldringfield. The return route visits the hamlet of Hemley and nearby Newbourne Springs Nature Reserve.



Woodbridge to Waldringfield A Deben Diversion

Distance:
15 miles (24km)

Time: 3 hours (if stopping along the way).

Terrain: Route mainly follows minor roads. Several sections on busy urban roads with 30mph speed limits. One short section on road with 60mph speed limit. Short sections on tracks. Some short hills.



Start from Woodbridge Station car park. Before you start, walk across rail bridge to visit the waterfront.

Leave Woodbridge Station car park and **turn left**. Follow twisting road through town. Straight over at roundabout. Just before garage, take **Sandy Lane off left**. Follow lane until end, then **turn left**. Continue until opposite **Red Lion** pub, then **turn left**, signposted **Waldringfield**. Follow winding road. Ignore first left, but take **second left**, signposted **Suffolk Coastal Cycle Route 41**. Follow lane until junction. **Turn right** and then **immediately left** to continue through village along **School Road**. **Bear left** at bend and take **next right** signposted **Newbourne**.

Follow surfaced lane until sharp right bend, then continue **straight ahead** on bridgeway, which becomes surfaced. Follow bridgeway, which becomes surfaced in front of cottages. At T-junction, **turn left** to visit Hemley Church. **Retrace route** past church and junction and continue ahead. At junction, **turn left**. At bottom of hill take **right bend**. The Newbourne Springs Reserve car park is immediately on left.



Leave car park, **turn right**, then **left** (or turn right here to visit Newbourne) and follow lane uphill to junction. **Bear left** and follow winding lane back to Waldringfield. At T-junction, **turn right** along village street to river-front.



Leave river-front and retrace route, taking **first right** into Sandy Lane. Follow lane and bear left at sharp bend. Take **next right** into Woodbridge Road. Follow for some distance and turn right at T-junction

At next T-junction opposite **Red Lion** pub, **turn right**. Continue past end of Sandy Lane and under rail bridge. **Turn right** up hill to roundabout and **turn right**. Carefully follow busy road and then take **first left**. Stay on this road through urban Woodbridge, ignoring all exits, until Market Square. Note the imposing Seckford Almshouses on the way. Turn left then right and leave Square along New Street, to **left of Bull Hotel**.

Follow road until bottom of hill and **bear left**. Continue **straight** at junction and **bear right** to reach traffic lights. Continue **straight ahead** at lights. Woodbridge Station is on left after next traffic lights and pedestrian crossing.



Safe Cycling Guidance

- Make sure your bicycle is safe to use
- Wear a hi-vis jacket and a helmet that comply with current standards
- Obey the rules of the road and follow the Highway Code
- Be courteous and acknowledge people who give way to you
- Ride in single file to let vehicles overtake if the road is busy or narrow
- Don't assume everyone can see or hear you
- Give way to pedestrians, wheelchair users and horse riders
- Ring your bell or call out to warn others of your approach
- Please cycle on roads, byways, cycle paths – not on public footpaths
- Try to reach the start of your ride using bike or public transport

Thank You

Countryside Code

The area has a network of lanes and bridgeways. We have shown suggested routes which are permissible for cycle users. Here are a few simple suggestions to help you and others enjoy the route even more:

- Follow the Countryside Code:
- Plan ahead and follow any signs.
- Leave things as you find them.
- Protect plants and animals, control fires and take your litter home.

Thank You

Images: A. Woodbridge Tide Mill – An iconic building on the riverside at Woodbridge. B. Hemley Church – A quiet place near the river. C. Newbourne Springs Nature Reserve – A great place to spot wildlife (photo – Steve Aylward). D. Waldringfield – Boats at anchor. E. Seckford Almshouses - an imposing building.